

# UNITY DAILY WORD



*Revealing the way to*  
HEALTH HAPPINESS and PLENTY



## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

July 20 to August 19

*I am willing to do the will of God and thereby fulfill the promise of Jesus "If any man willeth to do his will, he shall know of the teaching."*

*In the name of Jesus Christ I proclaim to myself and all mankind "I will: be thou made clean."*

*I know that it is the Father's good pleasure to supply me with every needful thing, and I rejoice in my willingness to accept His bounty.*

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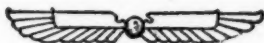
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## UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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### *Love Perfected*

*Little love is little righteousness, great love is great righteousness, perfect love is perfect righteousness.*

—St. Augustine.



## Alone with God in Sleep

At eventide God hides the sun  
Within His mantle black  
That man may for a time withdraw  
His sight from worldly things  
And enter through the shades of night  
Into the deeper realms of soul,  
Where there is only God.  
At nighttime, too, God gives man sleep  
That he may rest his mind from things,  
That he may give his soul a chance  
To learn great truths of deep import.  
Then in the blackness of the night  
His lids are closed in sleep profound.  
Man feels the nothingness of things  
And, groping in the dark, finds God.  
There in his deep, unconscious sleep,  
Things are no more. God's world's enough!  
His soul and Spirit long commune,  
And all of soul is satisfied  
If thought to God alone is given.  
At dawn God gives man back his light;  
Man sees the world through eyes renewed,  
Through eyes and thoughts no more misled.  
God stands with man at dawning time  
Upon the threshold of a day;  
Sends forth His son to conquer worlds,  
But to return to Him at night  
And to His counsels well attend.

## "Let Nothing Disturb Thee"



ALL THE WORLD is seeking peace of mind, freedom from the belief that other persons, external things, and circumstances can take their peace from them. Most persons would be willing to make almost any sacrifice in order to reach the realization that things cannot disturb them. Some of them try various philosophies and religions, hoping to find in these teachings something that will help them to reach the consciousness in which they will be undisturbed. Saint Theresa, a Christian mystic, had this advice to offer:

Let nothing disturb thee,  
Nothing affright thee;  
All things are passing;  
God never changeth:  
Patient endurance  
Attaineth to all things;  
Who God possesseth  
In nothing is wanting;  
Alone God sufficeth.

In this inspiring little poem, our thought is directed away from things and their power to disturb or frighten us. Our attention is directed to God. We see that things and their condition are transitory. We see that God—Truth, good, love, joy, beauty—alone endures. Things of the world about us lose their power over us. We come to think of God, the good, as all power.

Nothing can disturb or frighten us when we realize that things of the world are ever going through a process of change. Only God is per-

manent. Patiently watching God and the things of God coming more and more into evidence and visibility, we behold the things that disturb passing into a state of invisibility. Knowing that God possesses us and we are His own, we can want nothing, not even peace of mind. We cannot let persons, things, and situations disturb us when we have a consciousness of God's presence and power.

His omnipresence and omnipotence must occupy first place in our thought. When we believe in Him, external things will no longer have the power to make us feel their presence or power to the extent of robbing us of peace and happiness. If we believe that God in His omnipotence has power to make us peaceful, we cannot at the same time believe that things have power to disturb us.

Quite likely you are entertaining the belief that some person or some thing has power to disturb your peace of mind. But is this true? Do you not feel something within you trying to convince you that this is not true? Does not something at the heart of your being tell you that God is all in all? Is it not logical to believe that you came into the world master of conditions and things about you? Does it not seem foolish to believe that God would have created you and placed you in the world to be at its mercy?

"Let nothing disturb thee." Drop from mind any belief that you are entertaining to the contrary. Cease to build up a state of mind in

which you give any person or thing power to disturb you. No longer give any thought to the belief that you are a victim of another's unkindness, injustice, or ill will. You are free from all belief that another can disturb you but you must know this truth in order to see it demonstrated in your life.

Your freedom from all belief that persons or things can disturb you must be an active thought in your mind. This active thought must neutralize and annihilate all belief that you have previously entertained that they can disturb you. You must establish in mind the truth that you are undisturbed.

You should aim to reach that consciousness of life where you are not constantly thinking about what other persons think, say, or do. In the impersonal consciousness, you will not let persons and things disturb you. You will live with God and in the realization that God in the midst of you is the only presence and the only power in Truth. You will come to know that your thought must be upon God at all times. "Alone God sufficeth."

When things seem to disturb you and seem to take your peace of mind from you, let this be a warning that you need to think Truth and direct your thought to God at the heart of your being. You cannot believe in the power of other persons and things when you believe in your own God-given power, the power of the presence of God within you.

"Let nothing disturb thee."

## You Are Unlimited



**H**AVE YOU realized that there are no limitations upon you except those which you put upon yourself? Your limitations are solely those of your own creating, those to which you agree. Nothing in all the world can set you free from limited conditions as long as you hold them in mind. You must first perceive yourself to be free before you can expect to be free from what appears an outer condition that limits or binds you.

You can free yourself from limitations only through knowing Truth and letting it set you free. You must free yourself of all belief that any person or thing can interfere with your perfect freedom or fullest expression. You need to erase from mind any belief that binds you mentally and physically.

You are unlimited! The presence of God is ever with you, inspiring you to rise out of all human concepts of limitation and accept His Truth. You can do whatever you want to do. You can be whatever you want to be. You can have whatever you want. But one thing is necessary. You must be able to reach the high consciousness in which you know that there are no limitations.

You are unlimited in wisdom. You can perceive all the Truth that God has in store for man. Do not ever think of yourself as limited in the amount of knowledge you can get. Truth is unlimited in its scope and man is unlimited in his ability to perceive Truth. The measure



of his understanding of Truth is but the measure that he makes for himself.

You are unlimited in health. You limit your health only by living in a state of mind in which you think of health as limited. You are healthy according to the measure of health that you conceive of for yourself. You drink at the fountain of life according to your capacity.

You are unlimited in prosperity and success. If you think of yourself as limited, you become limited in finances because you are unable to escape from the adverse thought you hold over yourself. You cannot succeed as long as you think you cannot succeed. If you think of any external thing or circumstance as having power to limit your success, you will be limited, but not because of the thing or the circumstance.

Do you grasp the truth of your being limitless? Do you see that God sent you into the world without limitation? The purpose of your study of the Truth of God is to convince your own mind of the truth of your freedom from limitation. You must convince yourself of your freedom to the extent that you can no longer believe in limitation.

You are the child of God and without limitation. Created in the image and likeness of God, you are like God—without limitation. Think of yourself as created in the likeness of limitlessness, as the child of limitlessness. Know that you are the child of freedom, created in the likeness of freedom.

The new interpretation and presentation of the teachings of Christ as given us through these studies of Truth reveal to us that we have no limitations except those of our own producing. We continually have our minds challenged by the teachings we find in the Bible, which force us to give up the viewpoints that we have clung to for the truth of our unlimitedness. Something deep within us literally compels us to give up limited ideas about our capacity for knowledge, health, and success, and for the enjoyment of these.

Be fair to yourself. Cease to hold yourself in the thought of limitation. Above all, never blame the other fellow for your limitations or think that he is to blame for them. If you are at present living in a state of bondage and limitation, admit that it is of your own producing. Your next step will be that of admitting your freedom.

Rejoice to know that you have the truth that sets you free. Rejoice that you are going forth today in the consciousness that you are unlimited. Abide in the realization that you accept the truth of your freedom and will nevermore be enslaved. Go forth in the conscious realization that you are forever free and will never again think of yourself as in bondage.

We salute you as the son of God, unlimited and free. We greet you in the consciousness that you know the Truth that will keep you in the realization of perfect freedom. We declare for you perfect health and unlimited success.

## Each One Has His Own Place to Fill

**E**ACH ONE of us must come to the realization that his place in the great universal plan is most definite and necessary. He must realize that he is in the position of trying to work against this great plan if he does not fill the niche in life that is rightfully his. He must come to the realization that God has a position for him in which he alone can do the best work.

Never think of yourself as one who finds himself alive and is compelled to see life through, come what may! This is not living in the true sense of the word. You must take an active part in life. You must help enrich your own life and the lives of those about you. You must see yourself as a most necessary part of the great plan of life.

If you find yourself in (what you consider) an inconsequential position, what should you do? Your first step is to make your present position one of consequence. With your ever-expanding consciousness you must outgrow your present position before you can feel ready for the one you idealize. You must definitely know that you have an important place to fill and be ready to fill it.

The person who is always without a position is one who fails to realize that he has a place in the great universal scheme of things. The person who wants to commit suicide has failed to perceive that he has a definite place in the world's work. The individual who approaches life from a standpoint of indifference

neglects to see the purpose of life.

Each one has his own place to fill. He produces a certain lack or confusion in the great universal scheme if he does not fill his place efficiently and well. He fails to coöperate in the great plan and in turn, from his own viewpoint, everything in the great plan appears to work at cross-purposes with him. His failure to comprehend the great truth of life eventually causes him to appear to fail. Failing to take his place in the great plan, he has the strange experience of feeling that he is a part of life but in large measure unidentified with its great scheme.

You are in the position where you find yourself today because through certain soul activities you have been drawn to it. Your obligation is to do well the tasks assigned to you. You are to realize that you have a solemn obligation to fulfill. You can take a step forward or upward only when you can idealize and visualize the place ahead of you as your own.

Each morning you are brought to the threshold of a new world. You are to conquer this world by not letting its problems master you. You have a tremendous responsibility: that of being ready and willing to stand aside and let the Lord take full responsibility. You must give up personal will in order that you may know the will of God—His good will.

Your place in life is a unique one. No one in all the world knows your soul problems but He who supervises the great plan. No one can

appreciate your trials and difficulties as He can appreciate them. Many times your work is almost a secret pact between you and this great supervisor. Sometimes you are appointed to do that which no one in all the world must know about, to perform that task which is to be considered most confidential.

Think of your position as a most important one. Think of yourself as having a special task to perform in the household of the Lord, regardless of how insignificant it may appear to be. Realize that all work is sacred when performed in the higher consciousness.

Do you see that you must have a higher view of your relation to the great plan? Do you see that you must take the attitude that you have a great work to do? Do you grasp the truth that your place, your work is important and that only you can fill it or accomplish its task?

Whoever you are, wherever you are, whatever your task, realize the truth of this message today. Begin living a new life through feeling that you owe something to life. You must make it richer. You must enrich your own life and the lives of those about you. You must reach higher and higher in spiritual understanding and then apply that which is taught you to the tasks at hand. You will work without a sense of labor when you approach your work through this new consciousness. His hands will work through your hands and your task will be easily but efficiently performed.

## Men of Peace

Onward, Christian soldiers, singing, "Peace on earth,"

Through your peaceful message conquer war and dearth!

With your eyes uplifted, with your hearts on high,

Christ will lead you singing, "Peace," with banners high.

Onward, Christian soldiers, sing the "Peace" refrain!

You through Christ will conquer, every vict'ry gain.

Onward, ever onward, keep your hearts at peace;

Through Christ's power eternal, war is bound to cease!

Christ as Love is reigning, love must e'er prevail;

Christ is ever with you and you cannot fail.

Onward, comrades, onward, panoplied in light;  
Nothing can resist you, Christ alone has might!  
Soldiers of His kingdom, knights of brotherhood,

Shout your peaceful message: Christ be understood!

Wednesday, August 1

*The presence of Christ within me has  
set me free from all sense of bondage.*



**T**HIS DAY I abide in the consciousness that Christ is ever within and about me and that He has quickened me to the realization of my perfect freedom. Henceforth I will not believe that persons, things, or situations can hold me in bondage. I know that Christ has delivered me from all belief that anything can prevail against me and my perfect freedom.

In order to be free I realize that I must drop from mind every thought antagonistic to freedom. I know that I must be established in the consciousness that nothing can take my freedom from me. I know that I must realize that Christ in the midst of me has set me free from all forms of bondage.

Abiding in the consciousness of freedom, I realize that I am free from all belief in the presence or power of evil, disease, hate, fear, and lack. I know that I am free in the realization that good, truth, peace, love, joy, life, and plenty prevail. I am forever established in the realization that nothing in all this world can hold me in bondage. I know that through Christ I am made free and henceforth I claim my freedom.

For freedom did Christ set us free.—*Gal. 5:1.*

Thursday, August 2

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*I no longer doubt God. I have faith  
in His presence and power of good.*



**T**HIS LESSON inspires me to cast from mind all doubt and unbelief. I no longer doubt the goodness of God. I no longer think that anything can conspire against Him or thwart His action. I have faith that He is forever abiding within and about me, inspiring me to believe in His presence and power.

In this realization my faith increases. I increase in faith in the realization that God is my eternal good expressed in me and in my affairs in the form and manner by which I can most appreciate Him. I increase in faith in Him to the extent that I no longer believe in the power of adversity.

I have faith in God as a presence of good that ever abides in me. In this consciousness, I cease to believe in a presence of evil. Believing in the power of God, I know that evil has no power in my life. My faith in God inspires me to know that in Truth there is only God, only His presence and power of good.

I believe that the presence of God within me is the source of my life and my health. I have faith in my abiding health.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*



Friday, August 3

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*My mind is freed from all worry and anxiety. I am free from care.*



ABIDE today in the knowledge that things of the world about me do not disturb me. I abide in the consciousness that external things cannot worry me or make me anxious. I am free from all care about persons, things, and circumstances.

In this realization, I no longer give place in my mind to worry thoughts. I neutralize every anxious thought with a thought of confidence and courage. I erase care from my mind by planting therein thoughts of trust in God. I rejoice to have a mind free from worry and care because I am unified with the mind of Christ.

Worry can no longer fill my mind, because it is charged with courage and faith in God. No thought of anxiety can cause me to lose sight of the presence and power of God in my life. No belief in care can cause me to be pessimistic and unhappy. I rejoice to live in the realization that God is ever with me as that supreme intelligence which lifts me above care and worry.

Today I yield every anxious thought. I give up every belief that would produce anxiety. I abide in the consciousness that I am carefree and dwell in God's presence.

In nothing be anxious.—*Phil. 4:6.*

Saturday, August 4

---

*The presence and power of Christ  
in my consciousness frees me from all  
sense of fear and I am courageous.*

**I**N ORDER to be courageous, I willingly give up every thought that would cause me to be afraid. I give up every belief that persons and things can frighten or disturb me. I release from mind any hidden thought that would produce fear.

The presence and power of Christ in my consciousness is the presence and power of divine fearlessness. In this presence no thought of fear can exist. No belief that would produce fear can live in the presence of Christ, the presence of courage.

In the courage of Christ, I go forth this day knowing that persons or things cannot make me afraid. I go forth in the realization that that which exists in the world about me cannot frighten the Christ within me. I know that the courage of Christ cannot be challenged or diminished. I realize that I have that courage within me which cannot know fear. Within me is that consciousness of fearlessness which cannot recognize fear.

Abiding in the courage of Christ, I realize that His courage fills me even as I am filled with His presence. In Him can be no fear.

Fear ye not, stand still, and see the salvation of Jehovah.—*Exod. 14:13.*

Sunday, August 5

---

*God, the good, forever exists in my consciousness and is expressed through me as tangible good.*

**I** GIVE up every belief that God is other than good or that He ever brings evil into my life. I know in my heart of hearts that He is not evil and that evil cannot emanate from Him. He ever expresses Himself through me as tangible good and I accept from Him the good I most desire.

God in the midst of me is now quickening me to His consciousness that in Truth there is naught but good. I am quickened to the realization that in Truth there is no evil, no opposite or rival of God. I am exalted to the realization that there is only God, only good.

Through my consciousness God operates as good coming into manifestation as my peace, joy, love, health, and supply. No adverse belief can prevail against Him or against my good. I can no longer think of evil as having presence and power, since in Truth God is omnipresent and omnipotent in my life. I recognize God as the source of that good which I most desire and also as the good itself coming into expression.

Living in the presence of God, I am assured of good in my life at all times.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

Monday, August 6

---

*My body is the temple of God and  
He fills it with His presence of life.*



WIPE from mind all belief that my body is material. I know that in Truth it is the temple of God and that God inhabits it at all times. Henceforth I will think of my body as the embodiment of His presence of life, purity, health, and strength.

My body is the temple of peace, health, and life. No belief in disease can enter my body and be outpictured as disease as long as I realize the truth about health. No thought of weakness can appear in my body as physical weakness so long as I realize that God within me is strength. Holding to the truth about my body, I behold it freed from all adverse beliefs and physical handicaps.

I resolve to keep God's temple holy and to keep out of mind any thought that would manifest itself in my body as impurity or disease. I daily affirm my body's purity and health. I enter into the realization that as God's holy temple my body is filled with His presence and that this presence is ever pure and whole.

My body is freed from all adverse belief about it and now shines forth filled with God's presence.

The temple of God is holy, and such are ye.  
—I Cor. 3:17.

Tuesday, August 7

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*The joy of God's presence fills my heart and I heartily rejoice.*



**I** REJOICE because I know Truth. I rejoice because I realize that God lives within me. I rejoice because I know that He will ever be with me as my constant source of joy. In this consciousness I realize that nothing in all this world can take my joy from me. I am unified with the joy of Christ.

In my oneness with Christ I find His joy being expressed in every part of my organism. I am mentally filled with joy, and it overflows into my body causing it to rejoice with health. The joy of Christ lifts me above all belief in depression and sorrow. I rejoice to live in the realization of perfect joy.

I live in the presence of Christ and find that every experience in my life is turned to joy. All that I think and do must give me a joyful reward. All that comes into my life must have its blessing of joy in store for me. In this consciousness I attract experiences of great joy to me because I have within me Christ, the source of true joy.

Living in Christ, I live in the presence of joy, I live in the consciousness where no depression is found. I live in the realization that Christ inspires me to constant joy.

The joy of Jehovah is your strength.—*Neh. 8:10.*

Wednesday, August 8

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*The love of God is now expressed in my heart and I radiate love to all persons*



**T**HIS DAY I meditate upon God as love and upon my relation to Him. I think of Him as ever abiding within my heart. I realize that no thought of hate can change His love. No adverse belief can make Him other than the presence of love within me.

I radiate love to all persons because the love of God within me is universal. It knows no personality, no limitation. God expresses His love through me as that love by which all persons are inspired. No person or thing can resist the love of God. Nothing of the world about me can withstand the love of God in the midst of me.

Thinking of the love of God, I realize that His love is my love. I know that within me is a love that cannot be depleted. The more I love the more love I have to express. In the consciousness of love I find no hate or personal bitterness. In the realization that God is all in all I know that Love is all in all.

Today I give my thought to love. I realize that I have power to wipe from mind every thought that is antagonistic to love.

To them that love God all things work together for good.—*Rom. 8:28.*

Thursday, August 9

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*I rise above all feeling of impatience  
and turn to the patience of Christ within  
me.*

**I** AM FREE from the habit of impatience because I have learned to rely upon Christ in the midst of me. I no longer believe that things of the world about me can conspire against Christ or that He can be thwarted in His work and action. I am not impatient about other persons or their actions, because through the patience of Christ in me I realize that their actions in no wise can interfere with my highest good.

I know that good comes to pass in my life through my relying upon Christ in the midst of me and I am willing to leave all things to Him. I know that His work cannot be delayed. I realize that right now good is coming to pass even though for the moment it may not be visible to me.

Through the patience of Christ within me I can look out upon my world knowing that I need not hasten my good into manifestation. I know that the perfect work of Christ is now being done. I realize that through His work my highest good is coming into visibility and into tangible expression.

The patient in spirit is better than the proud in spirit.—*Eccles. 7:8.*

Friday, August 10

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*The Truth of Christ now dawning upon my consciousness frees me from all misconceptions about life and I am established in Truth.*



THE TRUTH of Christ is the truth about myself, the truth about my relation to God, the truth of my innate perfection. This truth clears my mind of all false reasonings, all misconceptions about life. I refuse to accept the false as the true. I refuse to believe any teaching that I am less than the image and likeness of God, for such I am in Truth.

The Truth of Christ now established in my mind scatters from my mind every adverse belief. No belief in the presence or power of sin, evil, hate, fear, disease, or lack can prevail in the presence of this mighty truth. No thought contrary to Truth can establish itself as true in my mind. I know that only God, the good, is true. Only that is true which emanates from Him and is like unto Him.

The Spirit of truth within me now directs me into a fuller understanding of Truth. I know the truth about my oneness with Christ. I know the reality of my innate perfection. I know that all things are now blessing me because I behold them as they exist in Truth.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—*John 16:13.*



Saturday, August 11

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*The peace of Christ within me now radiates through me to every part of my world and I abide in peace.*



CHRIST within me is ever at peace. Nothing of the world about me can disturb Christ or make me inharmonious. I abide in the consciousness that persons and things of the world about me are ruled by the Spirit of peace, the presence of Christ.

The peaceful presence of Christ now radiates from the heart of my being to all my world. No part of my environment can be without Christ, without His peaceful presence. I live in the realization that within me Christ is ever raising me to a fuller consciousness of peace. He inspires me to know that no person or thing can take my peace from me. He helps me to realize that my peace is constant, unchangeable, unaffected by what persons say or do.

When things of the outer world are inharmonious or disturbed, I turn to Truth, the Spirit of peace. I am lifted up to the realization that Christ does prevail in all situations. I know that His peace is unaffected even though to mortal thought things of the world appear to have power.

Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.—Isa. 26:3.

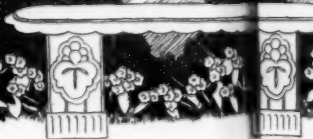


## IN MY

Christ is walking in my garden  
There He comes to wait my coming  
There we meditate together  
Thinking of the heavenly spring

In the coolness of the morning  
All my thoughts of thee and  
In His presence there abiding  
Every good He sees within me

Christ is walking in my garden  
I am sure to find Him waiting  
In my heart this garden's bloom  
When but thoughts of love I  
own mind.



# MY GARDEN

g in my garden in the coolness of the day;  
to wait my coming, for at early morn we pray.  
ate together as He sits right at my side,  
e heavenly splendor as we there in peace abide.

of the morning, at the early break of day,  
s of care and trouble are forgotten, pass away.  
there abiding all my thoughts to Him are raised,  
sees within me, all the good in me is praised.

g in my garden when I come to morning prayer;  
d Him waiting, when to Him I there repair.  
s garden's blooming; there in secret Him I find  
ghts above I'm holding, like the thoughts of His  
ind.



Sunday, August 12

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*I give up every adverse belief in order to identify myself with Christ, the mind and knowledge of Truth.*



REALIZE that in Truth there is but one Divine Mind, one spiritual consciousness, one spiritual science. In Truth no thought contrary to this Mind can prevail. I yield every belief in the reality or power of evil in order to identify myself with the mind of Truth.

I know that in Truth there is no mortal or carnal mind because in Truth there are no mortal or carnal thoughts. I give up believing in dual-mindedness or many minds in order to identify myself with the one and only Divine Mind. I give up every adverse thought in order to replace it with a thought of Truth.

In the consciousness of my oneness with Divine Mind, I realize that I am inspired to think divine thoughts. I am inspired to think thoughts of peace, love, joy, life, and plenty. From the mind or knowledge of Christ come to me thoughts of irrevocable Truth. Before such mighty thoughts all thoughts of adversity are dissolved. I rejoice to abide in the mind of Truth from which I derive thoughts of Truth.

Casting down imaginations, and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.—II Cor. 10:5.

Monday, August 13

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*God, divine principle, the law of good, is ever operating in my mind and in my life as the principle and law of good against which nothing can prevail.*



REALIZE that in Truth there is but one principle, the principle of Truth, one law, the law of good. There is no principle or law in Truth to sustain the belief that evil has presence or power. God is principle and my whole existence is founded upon Him and His good. God is law—the law of wisdom, love, health, and plenty operating in my life.

The principle of Truth upon which all my thoughts and actions are now founded is the principle of Christ. No other principle can rule my consciousness. God alone rules my mind and my world. Only the principle of God can rule me when I abide in the consciousness of Truth.


The law of good is the law by which my own good comes into visibility. No adverse law can operate against it. No belief in a law sustaining evil can exist in Truth since there is only God, the law of good. I give up all belief in any law of ill luck in order to give my entire thought to faith in the law of good.

The law of Jehovah is perfect, restoring the soul.  
—*Psalms 19:7.*

Tuesday, August 14

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*The life of Christ within me is now quickened and I have bountiful life.*

T THE HEART of my being exists the life of Christ. This life is the life of my very existence. It is the life that purifies, vitalizes, heals, and strengthens me. With my thought upon this life, I cannot entertain any belief in lack of life. I cannot believe that I can be weary or exhausted, weak or diseased.

The life of Christ within me is ever being quickened by His presence and I am inspired to accept this life as my own. I know that I cannot live apart from Christ. I know that I am eternally unified with Him. I realize that I am inseparably joined with His life.

In this consciousness of life, I feel that I am forever identified with Christ in the midst of me. No mortal belief can keep me from being at one with Him. His life and my life are one. He and I are eternally unified in the life of God. There is but one God, one life, and I claim that life here and now.

The life of Christ in the midst of me quickens my consciousness and I am radiant with life. I am filled and thrilled with bountiful life. I am at one with the very life of God pouring out through Christ.

*With thee is the fountain of life.—Psalms 36:9.*

Wednesday, August 15

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*This day I am exalted to heavenly consciousness and lifted up to the presence of Christ.*



THE MATERIAL world has no power to enslave me. I rise above all claims of matter and limitation. I ascend in consciousness to the presence of Christ. I am lifted up to the presence of all things heavenly. No debasing thought can keep me from being exalted to heavenly consciousness.

When things of the world would seem to hold me down, there is lifting up. The arms of Christ exalt me to behold His heavenly face. His consciousness is now shared with me and I am inspired to behold all things as they exist in Truth.

This lesson of inspiration and exaltation does not come to me in an intellectual way but dawns upon me as the truth taught by my own indwelling Christ. I know that Christ is ever inspiring me to take a higher step. I realize that I am ever being taught to rise in consciousness to the presence of Christ where I may behold Him face to face.

The exalting power of Christ lifts me above all depression and I exist in His presence, the presence of happiness. I am inspired to know that I can turn to Him at any time and be exalted.

Arise, shine.—*Isa. 60:1.*

Thursday, August 16

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*I cannot be separated from the kingdom of God, for it exists in my very midst and I abide in heaven.*

**I** REJOICE to be free from all belief that heaven exists in the distance or in the future. I know the mighty truth that God's kingdom is where His Spirit is—at the heart of my being. I rejoice to know that I abide in heaven and can realize this truth at any time. I turn in thought to the presence of God and enter His kingdom.

In the presence of God, heaven, there is no darkness, no fear, no disease, and no lack. In heaven there is an abundance of every good thing. Here is an abundance of peace, joy, love, health, and plenty. Abiding in the consciousness of heaven, I find myself in the midst of every conceivable blessing.

From the kingdom of heaven within me I derive my joys of living. No good thing is denied me or withheld from me. The blessings of heaven are poured out upon me in bountiful measure. These blessings come to me in the form and manner by which I can best be served.

Now as I abide in heaven I know that my world takes on the aspect of heaven. The inner heavenly consciousness is manifest as heaven and my environment is heavenly.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*



Friday, August 17

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*The forgiving power of Christ in me  
now prompts me to forgive every one  
who has seemed to do me an injustice.*



THE FORGIVING POWER of Christ now inspires and quickens me to yield every belief that any one has injured me in thought, word, or deed. I give up every belief that any one intentionally or unintentionally has harmed me. I refuse to entertain any thought that another is responsible for any adverse situation in my life.

Christ is ever within me as the very presence of the Spirit of forgiveness. With this presence within me, I can no longer refuse to forgive. I cannot resist the prompting to forgive and to forget every seeming injury or injustice.

The forgiving Christ now does His perfect work, and I too have forgiven. I restore all persons to that place in my love and affections which they have previously occupied. I restore those who have seemed to injure me to that place in my love where Christ reigns supreme as the Spirit of forgiving love.

Through the forgiving love of Christ in me I can readily and thoroughly forgive. Nothing can escape His forgiveness. His forgiveness wipes from my mind all memory of injury.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

Saturday, August 18

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*The Spirit of justice now inspires me to think thoughts of justice and I am just toward all persons.*

**I** NOW cast from mind every belief in injustice. I no longer believe that others are unjust to me, neither am I unjust to others. My mind is cleared of the thought of injustice and I make room for the justice of God to be established in all its fullness.

God is ever just and His spirit of justice prompts me at all times to act justly. His influence for justice is mightier than the influence of the world, the seeming power of injustice. He inspires me to be just and I act according to His will. I rise in consciousness to His perfect justice.

Abiding in the realization that God is the only presence and power in Truth, I also realize that He is altogether just. There can be no power in Truth to stand against His justice. No adverse belief can prevail against it. His justice ever influences me to be just toward all persons.

Living in the consciousness of God's justice, I find that all persons are just to me. I cannot be unjustly dealt with since I have the consciousness of justice.

True and righteous are his judgments.—*Rev. 19:2.*

Sunday, August 19

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*The light of Christ at the center of my being constantly illumines and inspires me.*



THINK of Christ as a presence of light at the heart of my being. Dwelling in this thought, I cease to believe in darkness and ignorance. I can have no darkened thoughts when I abide in the consciousness of Christ's presence of light.

The light of Christ is that light which illumines and inspires me at all times, revealing to me that which is for my highest good. No belief in ignorance can keep me from realizing Truth and from knowing that I ever have the light of Christ at the heart of my being. My mind cannot be darkened since it is filled with His wisdom, understanding, and intelligence.

The light of Christ is ever with me, ever within me. It is heaven's light revealing to mankind God's choicest blessings. It is the light that quickens man to behold himself as he is seen in heaven. It is the light that reveals to man what is his own in Spirit. This light within me reveals to me my peace, love, courage, joy, health, and supply.

Dwelling in the consciousness of light, I abide in the conscious realization that I am now illumined by the very presence of God.

Then shall thy light break forth as the morning.  
—Isa. 58:8.

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

August 20 to September 19

Illumination

*My zeal is tempered with wisdom,  
and I am at peace.*

Healing

*The zeal of God quickens, vivifies, and  
vitalizes both mind and body and makes  
me every whit whole.*

Prosperity

*My zeal for spiritual things increases,  
and I am abundantly prospered, praise  
God!*

Monday, August 20

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*The healing presence and power of Christ in the midst of me now overcomes my every belief in disease and I am thoroughly healed.*



TURNING in thought to Christ, I turn away from every belief in disease. I cease to think of disease as anything that can be related to me in any wise, since I am well and whole in the sight of God. I no longer think of disease as "my disease" or as being any part of my personal being.

I deny from consciousness any race belief that would tend to admit disease to my thought. I close the doors of my mind to all belief or suggestion that disease has power over me. I deny that I am subject to disease or that I can inherit it. I affirm that in Truth I am whole and well, forever established in the health of God.

The healing presence of Christ is mighty to inspire me to perfect health. I know that through the consciousness of the presence of Christ, perfect health, I can no longer believe in the presence or existence of disease. I realize that Christ is my health, and I now accept His wholeness as my own perfect health.

Christ's healing power is the power that restores me to perfect health. It is the power that establishes perfect health in my body.

I will cure them.—Jer. 33:6.

Tuesday, August 21

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*Every belief in lack is cast from my mind, because I am established in the truth that God is my bountiful supply.*

**I**N CLEARING my mind of all belief in lack, I remove every belief in poverty, insufficient supply, unemployment, and ill luck. I clear from my mind every thought in opposition to bountiful prosperity. I make my mind receptive to the inflow and outflow of rich ideas. I see these manifest as visible and tangible supply.

I no longer believe that any other person or any external situation is responsible for my failure to demonstrate supply. I do not believe that any person or thing has power to keep my own from me. I know that nothing can prevent my gaining that high consciousness in which I know that my supply becomes manifest at my need and command.

I rejoice to dwell in the consciousness wherein I know that God is my supply. Through knowing this truth I prosper in bountiful measure. No good thing can escape me. Every conceivable blessing comes my way. I attract all the good I desire. My rich consciousness causes bountiful riches to be drawn to me. I prosper because my soul is rich with the consciousness of prosperity.

I pray that in all things thou mayest prosper . . . even as thy soul prospereth.—III John 2.

Wednesday, August 22

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*The guiding and directing power of Spirit causes me to make wise decisions and directs me in the right path.*

**R**EFERRING all matters to Spirit within me, I am guided and directed to take that path which leads to my highest good. I choose the way where I find peace, joy, love, health, and plenty. I make such decisions as will direct me into those blessings which heaven is now bestowing upon me.

There is but one way of Spirit, one way of peace, joy, and plenty. I cannot miss this way when my attention is fixed upon the directions of Spirit. I cannot be misled into believing that the wrong way is the right way. I cannot believe that there is any path but the true path.

In seeking to make the right decision, I am willing to give up every personal opinion in order to be led by the Spirit of wisdom. I am willing to be led into that which is for my highest good even though by a path that heretofore has not been revealed to me. I am ready to cooperate with Spirit in all things that I may find the right path.

I am assured that the way I should take is no longer hidden from me, and I go forth in the knowledge that I am being led into that which will bring me to my highest good.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

Thursday, August 23

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*The perfection of Christ implanted in me at my creation is now manifest as my own perfection.*

**I** CEASE to think of myself as imperfect. I no longer think of shortcomings. My mind is turned from all thought of imperfection. I know that at the time of my creation God implanted within me the perfection of Christ, the perfection of His ideal man. I know that in the sight of God I am not now nor ever can be less than perfect. I am willing to cease thinking of any shortcomings in order to let the perfection of God's ideal appear in me according to His will.

Christ, the perfect man, abiding within me now comes forth as my manifest perfection. I am perfect in mind and in body. The perfect idea of perfect man in the mind of God is now manifest as God's idea of me in manifestation.

I know that when I think of God's perfection manifesting itself in me, I am glorifying God. I realize that when I think of imperfections, I am thinking contrary to Truth, contrary to God's will. I rejoice to know that the Christ in me is now appearing as perfect man.

Christ in me now comes forth as I speak the word of Truth and reveals Himself as my own visible perfection.

With the perfect man thou wilt show thyself perfect.—II Sam. 22:26.



Friday, August 24

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*I am free from all thought of condemnation because I abide in the consciousness of praise.*

**M**Y MIND is now relieved of every belief in condemnation. I no longer condemn others, neither am I condemned. I know that when I rise out of the consciousness of condemnation, others will not condemn me, nor will I condemn them.

Free from condemnation, I enter the consciousness of praise. I cease to condemn evil and instead I praise good. I cease to condemn others and instead praise their inherent good. I enter into that high consciousness of praise where I can praise invisible good coming into manifestation.

Free from condemnation, my mind no longer gives itself to thinking adverse thoughts about other persons. It thinks thoughts of praise and sees these thoughts uplifting and inspiring others. It helps others to be free from condemnation and to praise the good within themselves.

Abiding in the consciousness of praise, I behold the best that is within me now coming into expression. I praise the joy, love, and life of Christ within me and behold it manifesting itself according to my thought and word.

The Lord Jehovah will help me; who is he that shall condemn me?—*Isa. 50:9.*

Saturday, August 25

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*The dominion and authority of Christ in the midst of me gives me dominion and authority over every situation in my world.*



THINK of Christ in the midst of me as having all authority in my life. No person, thing, or situation in my world has authority over Christ in the midst of me. No external thing can have dominion over my indwelling Christ, because His dominion is unlimited and unqualified.

No adverse belief can dominate me. I refuse to accept any belief in ignorance, fear, hate, sorrow, disease, or failure as Truth. I refuse to accept any of these adverse beliefs as having power to dominate my mind. I know that in Truth only Christ has dominion. I realize that only peace, light, love, joy, life, and success can dominate me, my life, and my world.

I rejoice to know that Christ in the midst of me has all authority, all power, all dominion. Abiding in this mighty truth, I am ruled only by Christ. I am dominated only by the mind of Christ, only by His thoughts of Truth.

Through the authority of Christ in me, I have authority over every situation that may arise in my environment or in my world. Nothing is so great as to withstand the dominion and authority of Christ.

The upright shall have dominion.—*Psalms 49:14.*

Sunday, August 26

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*Through being conscious of the presence of Christ within and about me I relax from all tension and strain.*



AM NOW freed from all mental and physical tension, because I identify myself with the presence of Christ within and about me. I wipe from mind every belief that would cause mental tension. I give up thoughts of resistance, hate, and fear. I exchange these for the truth of my constant unity with the presence of Christ. In this presence I relax from all tension and am relieved of all strain.

I now free myself of all tendency to fight mentally, to entertain thoughts of resistance, to be unresponsive toward others, to draw within myself. I give the Spirit within me an opportunity to express itself. I am willing to relax in the presence of Spirit and to see it express itself toward all other persons.

I rejoice to relax. I rejoice to feel that I do not need to fight others in order to succeed. I know that in calmness and in quietness the Spirit of Christ within me causes good to be manifested in my life. I know that I abide in the presence of Christ at all times and that He fights my battles for me in His own loving way.

I am now relaxed mentally and physically. I am relaxed in the presence of Christ.

Ye shall find rest for your souls.—*Jer. 6:16.*

Monday, August 27

---

*My every thought is now directed to the mighty truth that Christ is in me and I am in Christ.*



KNOW that Christ is the idea of the perfect man in the mind of God, the mind of Truth. I know that when I realize this, my attention is directed to Christ in me. I realize that Christ is my spiritual nature, that which identifies me with God. When I direct my thought away from all mortal thought, from all belief in imperfection and disease, I make way for Christ, my spiritual nature, to become manifest.

I am not afraid to think of Christ as abiding within me, because I know that God has given me this spiritual nature in order to make me a spiritual being. I know that I glorify my heavenly Father when I direct my thought to that within me which is like unto Him. I realize that when my thought is turned to Christ, my spiritual nature, I am also directing my thought to God and to heaven.

Christ abides in me as that of God which He has placed within me to make me His image and likeness. Christ, my spiritual nature, now appears as developing in spiritual stature and I think less and less of that within me which is unlike Christ, unlike Truth.

Christ be formed in you.—*Gal. 4:19.*

Tuesday, August 28

---

*From the stillness and quietness of Christ within me, I realize stillness and quietness.*



AM ABLE at any time to turn from the noise and confusion of the world to the stillness and quietness of Christ within me. I know that the world about me is as nothing in comparison with the presence and power of Christ within me, the presence and power of His stillness and quietness. I turn from that of the world which is noisy and disturbing to this indwelling peace and quiet. In Christ I am quiet and still.

I know that I can always turn to Christ within me and unify myself with His quietness. I know that He abides at the heart of my being as the very quietness of God, and I have but to turn my thought to Him in order to become quiet. I realize that through abiding in this consciousness I make myself one with that inner quietness and stillness which gives me power and strength.

Living in the realization that I have the presence of Christ and stillness with me, I am not affected by things of the world about me. I am unmoved by disturbances of the world, because I realize that Christ in me is unmoved and undisturbed, quiet and still.

Be still, and know that I am God.—*Psalms 46:10.*

Wednesday, August 29

---

*The blessings of Christ are not reserved for the future but are manifest for me right now according to my need.*



NO LONGER believe that the race belief in time can delay the manifestation of my blessings. I know that I do not have to wait for the future in order to enjoy God's blessings. I know that Christ's blessings are not being held in reserve for me in some future time but that they are mine now.

I know that man's belief in the future, his belief in separation from the blessings of God is responsible for the delay in receiving these blessings. I realize that as long as we believe that God's blessings exist in the future or in the distance, just that long will they appear to be withheld from us.

I abide in the consciousness that *now* is the only time of Spirit. I know that in the eternal now I can bring all my blessings into visibility and expression. No good thing can be withheld from me when I abide in the consciousness that God's blessings are manifested right here and now.

I rejoice to know that I do not have to wait until some future time in order to know God and His good. I abide in the knowledge that right now He is manifesting Himself in my life.

Redeeming the time.—*Eph. 5:16.*

Thursday, August 30

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*Prayer, to me, means conscious communion with Christ within me. Through prayer I am consciously identified with Him.*



THROUGH PRAYER, I unify myself with Christ in the midst of me. I am conscious of His presence and I commune with Him. By prayer I know of my eternal relation to Him. I know that I am one with Him and His blessings.

In prayer, my soul communes with the Spirit of Christ within me. I know that through prayer all the blessings of Spirit are mine. Prayer causes me to know that I now abide in the kingdom of heaven and that all its blessings are mine.

Prayer, to me, reveals my interrelation with Christ. We are so interrelated that nothing can separate us. Through prayer I am conscious that I am one with Christ, all that He is and has.

When my thought is exalted to the presence of Christ within and about me, I am in prayer. I am in that high state of consciousness in which I know that I am unified with Christ and His multiple blessings. I am in that consciousness wherein I know that nothing in all the world can keep me from manifesting good in my life.

**The prayer of faith shall save him.—James 5:15.**

Friday, August 31

---

*The power of Christ in the midst of me now is manifest as my power over all the situations of my world.*



KNOW that in Truth there is only the power of good. Nothing that opposes God, the good, can have power in my life. The power of Christ in the midst of me knows no opposing power, no power in external things. In Truth Christ is omnipotent.

The power of Christ makes me realize the powerlessness of all belief in ignorance, fear, sorrow, hate, disease, and failure. These adverse beliefs are powerless in the sight of God, in the Truth of heaven. In Divine Mind, no negative thought can have power.

The power of Christ is that inner power that prompts me to know that I too have power over my life and over my world. There is no power in things of the world to dominate me. There is no power in external things to cause me to lose sight of the truth that Christ alone has power.

The power of Christ is that inner presence that gives me strength. I am strengthened by the realization that Christ abides within me as power. Christ in me is mighty and He shares His might with me as power to triumph and to overcome.

Ye shall receive power, when the Holy Spirit is come upon you.—Acts 1:8.



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within and without, reflect-  
ing the truth like a mirror.

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